





# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE JULY-2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Mediterranean Soup Breaded Pork Steak w/Broth Scalloped Potatoes Collard Greens Pumpnickel Bread Applesauce	2	<b>CRT FOURTH OF JULY MEAL</b>  Cran-Orange Juice Frankfurter on Frankfurter Roll Baked Beans Corn Cobbette Mustard/Relish/Ketchup Mixed Berries (Strawberries & Blue Berries) Shortcake w/Whipped Topping	3	Roast Turkey w/Gravy Cut-Up Sweet Potatoes Vegetable Medley Cranberry Sauce Wheat Dinner Roll Sliced Peches	4	<b>CLOSED IN OBSERVANCE OF FOURTH OF JULY HOLIDAY!</b> 
7	Italian Style Salisbury Steak Rotini w/Tomato & Basil Sauce Cut Green Beans Whole Grain White Bread Sliced Pears	8	Baked Boneless Chicken w/Divan Sauce Oven Roasted Potatoes Scandinavian Blend Vegetables 100% Whole Wheat Bread Pound Cake Sliced Peaches w/Whipped Topping	9	American Chop Suey Sliced Carrots Spinach Salad w/Mandarin Oranges Raspberry Vinaigrette Dressing Club Roll Pineapple Tidbits	10	Apricot Glazed Pork Loin w/Broth Oriental Style Rice Broccoli Spears Rye Bread Tropical Fruit	11	Chicken Vegetable Soup Almond Cranberry Chicken Salad On Star Roll Italian Pasta Salad Cucumbers & Tomato Salad Saltines Fresh Fruit
14	Spring Vegetable Soup BBQ Beef Steak On a Steak Roll Tater Tots Baby Carrots Saltine Crackers Fresh Fruit	15	Rosemary Chicken Rice Pilaf Squash Medley Whole Wheat Bread Tropical Fruit	16	Orange Pineapple Juice Roast Pork Loin w/Gravy Mashed Sweet Potatoes Spinach 12-Grain Bread Homemade Cookie	17	Meatballs w/Italian Sauce Ziti w/Marinara Sauce Parmesan Cheese Italian Green Beans Garden Salad w/Cherry Tomatoes/Cucumbers Ranch Dressing Italian Bread Peaches	18	Stuffed Salmon w/Newburg Sauce Wild Rice Broccoli Normandy Wheat Bread Fruit Cocktail
21	Meatloaf w/Vegetable Gravy Sour Cream & Chive Mashed Potatoes Baby Carrots Wheat Dinner Roll Sliced Peaches	22	Italian Chicken w/Articokes & Tomatoes Rotini w/Tomato & Basil Sauce Italian Mixed Vegetbles Whole Grain White Bread Fruit Cocktail	23	Cran-Orange Juice Baked Ham w/Pineapple Sauce Mashed Sweet Potatoes Spinach Rye Bread Lemon Tart w/Whipped Topping	24	<b>NATIONAL HOT DOG DAY!</b> Orange Juice Frankfurter on a Frankfurter Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Fresh Watermelon	25	Pier-17 Fish Rice Pilaf Beets Whole Wheat Bread Pineapple Tidbits
28	Orange-Pineapple Juice Oven Fried Chicken Mashed Potatoes Mixed Vegetables Whole Wheat Bread Frosted Cake	29	Salisbury Steak w/Gravy Farfalle Noodles Prince Edward Blend Vegetables Oatnut Bread Applesauce	30	Hearty Vegetable Soup Seafarer's Seafood Salad On a Torpedo Roll Baked Sweet Potato Shredded Lettuce Saltines Fresh Fruit	31	Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Broccoli Spears Dinner Roll Peaches		<b>To reserve a meal Call 763-7428 by noon the day before</b>

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of **age or older and their spouses.**

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**